



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	40:07	51	Abdishakur Abdulle	Hillingdon
2	40:10	136	Chris Smith	TVH
3	40:54	73	Robert Thompson	Hillingdon
4	41:04	202	Phillip Crout	SBH
5	41:17	7	Damian Nevins	Harrow
6	41:30	206	Will Ryle-Hodges	SBH
7	42:15	196	Alex Lepetre	Barnet
8	42:27	30	Robert Wilson	Highgate
9	42:43	123	James Ellis	TVH
10	42:48	22	Charlie Haywood	Highgate
11	42:50	117	Andrew Brooker	L.Heathside
12	43:14	60	James Laing	Hillingdon
13	43:24	151	Mohammed Hashi	ESM
14	43:28	226	Aaron McGrady	VPH&THAC
15	43:28	43	Martin O'Connell	Serpentine
16	44:06	227	Joe Dale	VPH&THAC
17	44:10	19	Darryl Davison	Highgate
18	44:13	6	Jim Cooper	Harrow
19	44:17	78	Aramias Zeration	Hillingdon
20	44:21	58	Ben Goddard	Hillingdon
21	44:30	218	James Cordwell	VPH&THAC
22	44:45	45	Jonathan Poole	Serpentine
23	44:49	96	Kimon Doulis	L.Heathside
24	45:17	90	Charles Hardy	L.Heathside
25	45:24	149	Sam Ashcroft	ESM
26	45:32	95	Martin Potter	L.Heathside
27	45:41	158	Simon Shaw	ESM
28	45:44	50	Fahad Abdi	Hillingdon
29	45:46	53	Martin Bateman	Hillingdon
30	45:49	86	Peter Northall	L.Heathside
31	45:55	167	Peter Flewitt	ESM
32	46:05	81	Sion Lewis	L.Heathside
33	46:13	115	Juan Carlos Casal Perez	L.Heathside
34	46:15	37	James Gillanders	Serpentine
35	46:19	223	Fabien Lassonde	VPH&THAC
36	46:19	100	Richard Macaulay	L.Heathside
37	46:33	106	Simon Dunderdale	L.Heathside
38	46:51	48	Jonathan Bradford	Serpentine

39	46:59	216	Tony Macdowall	VPH&THAC
40	47:05	103	David Hellard	L.Heathside
41	47:07	44	Ryan McCrickerd	Serpentine
42	47:09	146	Matthew Kitching	QPH
43	47:16	122	Matt Douthwaite	TVH
44	47:20	113	Andy Barnes	L.Heathside
45	47:26	228	David Jones	VPH&THAC
46	47:39	128	Ryan Keane	TVH
47	47:40	111	Steve Armstrong	L.Heathside
48	47:45	173	Robert Wilcox	The Stragglers
49	47:53	169	Santosh Rai	ESM
50	47:57	114	Tom Aldred	L.Heathside
51	48:03	92	Christopher Harley	L.Heathside
52	48:05	18	Alex Davison	Highgate
53	48:08	118	Naol Abagibe	TVH
54	48:11	109	Daniel Johns	L.Heathside
55	48:26	12	Declan Traynor	Harrow
56	49:04	160	Nick Steel	ESM
57	49:05	144	Michael Dmitrzak	QPH
58	49:09	13	Yemane Beyebe	Harrow
59	49:16	91	Gavin Evans	L.Heathside
60	49:30	221	Anthony Withstandley	VPH&THAC
61	49:39	61	Paul Leppard	Hillingdon
62	49:43	208	Matt Sibert	West 4
63	49:57	36	Jonathan Moscrop	Serpentine
64	50:11	11	Jonathan Hill	Harrow
65	50:13	46	Ian Cook	Serpentine
66	50:14	97	Natan Doron	L.Heathside
67	50:21	175	Crispin Allen	The Stragglers
68	50:29	121	Manuel Da Silva	TVH
69	50:30	105	Jonathan Shipley	L.Heathside
70	50:34	57	Scott Farley	Hillingdon
71	50:42	107	Withdrawn	L.Heathside
72	50:47	82	Jake Spencer	L.Heathside
73	50:49	225	Joe Walker	VPH&THAC
74	50:57	174	Chris Coates	The Stragglers
75	50:59	102	Joseph Clemoes	L.Heathside
76	51:03	76	Andy Wood	Hillingdon
77	51:08	83	Dominic Jackson	L.Heathside
78	51:11	24	Joseph Lowe	Highgate
79	51:15	133	Todd Oates	TVH
80	51:17	165	Rob Brown	ESM
81	51:20	94	Francois Barou	L.Heathside
82	51:27	116	Christopher Vincent	L.Heathside
83	51:46	112	Henry Turner	L.Heathside
84	52:00	9	Sam Fenn	Harrow
85	52:03	29	Rob Walker	Highgate
86	52:20	185	Kirean Santry	Ealing Eagles
87	52:26	108	Rajiv Ratan	L.Heathside
88	52:30	16	Duncan Burbridge	Highgate
89	52:33	229	Matt Walker	VPH&THAC

90	52:38	134	Matt Ponting	TVH
91	52:40	17	Nicola Carniato	Highgate
92	52:41	207	Dave Cobb	West 4
93	52:45	31	Ben Wood	Highgate
94	52:54	224	Gavin Lau	VPH&THAC
95	52:59	143	Aya Dada	QPH
96	53:02	189	Laurence Elliott	Ealing Eagles
97	53:06	194	Danny Digweed	Barnet
98	53:14	159	James Steel	ESM
99	53:16	98	Mark George	L.Heathside
100	53:17	132	Stephen Norris	TVH
101	53:29	209	Duncan Grassie	West 4
102	53:34	150	Mark Delahunty	ESM
103	53:36	85	Peter Crockford	L.Heathside
104	53:39	80	Jonathan Litchfield	L.Heathside
105	53:43	222	Richard Bryant	VPH&THAC
106	53:46	69	David Smith	Hillingdon
107	53:49	39	Jamie Giles	Serpentine
108	54:10	164	Tom Yates	ESM
109	54:26	34	Nathan Powell	Metros
110	54:36	75	Daniel Whittaker	Hillingdon
111	54:46	141	Stuart Bowring	QPH
112	54:58	179	Reg Lewes	Ealing Eagles
113	55:15	213	Adam Bowen	West 4
114	55:28	129	James Malcolm	TVH
115	56:11	155	Ian Leslie	ESM
116	56:18	127	Peter Keane	TVH
117	56:23	180	Jose Manuel Pabon	Ealing Eagles
118	56:25	5	Daniel Berry	Mornington Chasers
119	56:35	171	Marcus Atkins	Ranelagh
120	56:49	177	Simon Brazil	The Stragglers
121	56:56	32	Jonny Jackson	Metros
122	57:13	33	John Norris	Metros
123	57:22	205	Robert Rigby	SBH
124	57:44	210	Adrian Smith	West 4
125	57:46	197	Michael Martin	Barnet
126	58:12	140	Andrew Britton	QPH
127	58:16	187	Gary Hobbs	Ealing Eagles
128	58:17	54	John Bignell	Hillingdon
129	58:20	68	Martin Searle	Hillingdon
130	58:36	190	Nils-Christian Liborg	Ealing Eagles
131	58:48	157	Steve Plested	ESM
132	58:53	198	Matthew Sleeman	Barnet
133	59:01	181	Hein Gunnewicht	Ealing Eagles
134	59:49	200	Martin Morgan	Trent Park
135	60:02	183	Alan Brown	Ealing Eagles
136	60:14	124	David Ford	TVH
137	60:22	28	Richard Stewart	Highgate
138	60:48	101	Tim Sander	L.Heathside
139	60:50	119	Richard Bell	TVH
140	60:56	125	Richard Hooley	TVH

141	60:58	193	Chris Violet	Barnet
142	61:50	38	Paul Ogden	Serpentine
143	62:26	42	Alex Malzer	Serpentine
144	62:31	168	Andy Leung	ESM
145	62:59	217	Chris Brammer	VPH&THAC
146	63:10	52	Curtis Allman	Hillingdon
147	63:31	84	Tom Bedwell	L.Heathside
148	64:00	137	Lawrence Tse	TVH
149	64:29	72	Trevor Steeples	Hillingdon
150	64:47	162	Simon Turrell	ESM
151	65:08	184	Paul Dodounou	Ealing Eagles
152	65:32	142	Partick Brennan	QPH
153	65:44	3	Gary Homewood	Mornington Chasers
154	66:49	55	Dennis Carey	Hillingdon
155	67:28	212	Gary Robinson	West 4
156	67:57	77	Graham Wood	Hillingdon
157	68:47	176	Stephen Penpraze	The Stragglers
158	68:58	89	Norman Mitchell	L.Heathside
159	69:20	220	David Shortridge	VPH&THAC
160	70:07	148	Charles Tatham	QPH
161	71:23	161	Gary Stringer	ESM
162	71:50	64	Douglas Milsom	Hillingdon
163	79:14	74	Alan Wells	Hillingdon
164	82:55	147	William O'Connor	QPH
165	85:32	191	Jeremy Pitt	Ealing Eagles

Team Results (6 to score):

1. Hillingdon (1, 3, 12, 19, 20, 28) = 83
2. L. Heathside (11, 23, 24, 26, 30, 32) = 146
3. VPH&THAC (14, 16, 21, 35, 39, 45) = 170
4. ESM (13, 25, 27, 31, 49, 56) = 201
5. Serpentine (15, 22, 34, 38, 41, 63) = 213
6. TVH (2, 9, 43, 46, 53, 68) = 221
7. Highgate (8, 10, 17, 52, 78, 85) = 250
8. Harrow (5, 18, 55, 58, 64, 84) = 284
9. QPH (42, 57, 95, 111, 126, 152) = 583
10. West 4 (62, 92, 101, 113, 124, 155) = 647
11. Ealing Eagles (86, 96, 112, 117, 127, 130) = 668

12 to score (first team outside first 3 teams above):

ESM (13, 25, 27, 31, 49, 56, 80, 98, 102, 108, 115, 131) = 835



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	31:48	24	Gemma Barry	Hillingdon
2	31:58	4	Sarah Johnson	TVH
3	31:59	117	Emma Watson	L.Heathside
4	32:23	19	Lucy Ashe	Harrow
5	32:35	107	Rebecca Piggott	L.Heathside
6	32:48	48	Rebecca Johnson	Highgate
7	32:53	43	Emma Burgess	Highgate
8	32:54	233	Eilish O'Grady	Harrow
9	33:09	125	Rachel Thomas	VPH&THAC
10	33:21	36	Jen Harvey	Hillingdon
11	33:25	6	Stephanie Ainley	TVH
12	33:35	115	Kelly Thorneycroft	L.Heathside
13	34:08	113	Josie Hinton	L.Heathside
14	34:12	112	Olivia Desborough	L.Heathside
15	34:35	11	Lisa Da Silva	TVH
16	34:58	108	Leigh James	L.Heathside
17	35:01	105	Vicky Dawes	SBH
18	35:13	69	Alexandra Baird	Serpentine
19	36:01	5	Lara Scerri	TVH
20	36:06	106	Elana Dimmer	SBH
21	36:13	71	Lavinia Singer	Serpentine
22	36:23	116	Sue Rust	L.Heathside
23	36:34	76	Hannah Copeland	Ealing Eagles
24	36:38	109	Sara Black	L.Heathside
25	37:03	126	Ellie Tait	VPH&THAC
26	37:13	92	Melissah Gibson	Ealing Eagles
27	37:18	120	Lily Woodcock	L.Heathside
28	37:22	96	Sophie Barnard	QPH
29	37:25	111	Jennifer Wing	L.Heathside
30	37:30	121	Emily Reichert	L.Heathside
31	37:31	61	Fiona Kennedy	ESM
32	37:38	8	Siana Jones	TVH
33	37:58	123	Tara Shrestha Carney	L.Heathside
34	38:06	55	Rebecca Northmore	Ranelagh
35	38:14	77	Rebecca Jackson	Ealing Eagles
36	38:19	46	Louise Faherty	Highgate
37	38:25	100	Pam Whitter	The Stragglers
38	38:30	32	Zoe Dobbs	Hillingdon

39	38:36	49	Jemma Storey	Highgate
40	38:41	15	Fiona Russell	Mornington Chasers
41	38:48	234	Cheryl Evans	VPH&THAC
42	38:54	114	Louisa Pointon	L.Heathside
43	39:26	67	Patricia Thomas	ESM
44	39:33	118	Jackie Wastell	L.Heathside
45	39:49	37	Karen O'Rourke	Hillingdon
46	39:55	17	Rebecca Bryant	Mornington Chasers
47	39:56	90	Malgorlata Kucharska	Ealing Eagles
48	40:13	3	Lauren Morris	TVH
49	40:28	80	Haley Kandt	Ealing Eagles
50	40:34	44	Natasha Cendrowicz	Highgate
51	40:43	73	Abi Barber	Ealing Eagles
52	40:45	54	Marianne Malam	Ranelagh
53	40:59	53	Niamh Holt	Ranelagh
54	41:06	16	Christinia Aking Bola	Mornington Chasers
55	41:12	86	Charlotte Levin	Ealing Eagles
56	41:23	26	Debbie Brown	Hillingdon
57	41:33	99	Julie Haworth	The Stragglers
58	41:35	94	Sophie Pitt	Ealing Eagles
59	42:00	75	Sophie Foxall	Ealing Eagles
60	42:11	60	Carol Jones	ESM
61	42:27	72	Avril Riddell	Serpentine
61	42:36	122	Sarah Duke	L.Heathside
62	42:39	66	Jane Ruhland	ESM
64	42:49	79	Sue Park	Ealing Eagles
65	43:17	14	Anne Caspi	Mornington Chasers
66	43:29	119	Kimberli Butler	L.Heathside
67	43:48	64	Louise Prince	ESM
68	44:01	29	Lesley Conway	Hillingdon
69	44:13	85	Elizabeth Adams	Ealing Eagles
70	44:46	34	Lucy Duncan	Hillingdon
71	44:48	128	Alison Walker	VPH&THAC
72	45:14	124	Sarah Swinhoe	L.Heathside
73	45:49	63	Beverley Packwood	ESM
74	46:02	82	Nicola Phelan	Ealing Eagles
75	46:38	45	Sarah Chapman	Highgate
76	46:59	83	Suha Lagu	Ealing Eagles
77	47:00	12	Carmen Harrington	Mornington Chasers
78	47:51	59	Catherine Gunnewicht	ESM
79	47:59	52	Sally Bamford	Ranelagh
80	48:11	89	Nicola Miller	Ealing Eagles
81	48:17	93	Arie De Greff	Ealing Eagles
82	48:19	58	Annette Galloway	ESM
83	48:20	103	Edyta Wierzbowska	West 4
84	48:31	102	Mary Hyde	The Stragglers
85	48:40	30	Heather Davidson	Hillingdon
86	48:58	88	Liz Ainsworth	Ealing Eagles
87	49:01	13	Rafaele Lamour	Mornington Chasers
88	49:17	70	Miwa Tonaki	Serpentine
89	49:22	87	Jessica Hood	Ealing Eagles

90	49:39	42	Babs Kedge	Hillingdon
91	50:03	9	Frankie Lynch	TVH
92	50:37	57	Lindsay Donoghue	ESM
93	50:53	28	Vicky Brownlee	Hillingdon
94	51:16	27	Lyndsey Browne	Hillingdon
95	51:37	97	Louise Hinshelwood	QPH
96	52:15	25	Christina Benjamin	Hillingdon
97	52:53	38	Taj Randhawa	Hillingdon
98	54:02	2	Christine Munden	TVH
99	59:49	33	Angela Duncan	Hillingdon

Team Result (4 to score):

1. L. Heathside (3, 5, 12, 13) = 33
2. TVH (2, 11, 15, 19) = 47
3. Highgate (6, 7, 36, 39) = 88
4. Hillingdon (1, 10, 38, 45) = 94
5. Ealing Eagles (23, 26, 35, 47) = 131
6. VPH&THAC (9, 25, 41, 71) = 146
7. Serpentine (18, 21, 61, 88) = 188
8. ESM (31, 43, 60, 62) = 196
9. Mornington Chasers (40, 46, 54, 65) = 205
10. Ranelagh (34, 52, 53, 79) = 218

Winner of Corlin Trophy :

VPH&THAC



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 20 Men - 8,000m (approx)

Position	Time	Number	Name	Club
1	29:19	159	Mukhtar Farah	ESM
2	30:02	153	Joseph Young	E&H *
3	30:03	169	Jake Hooley	TVH *
4	30:08	161	Greg Atkins	Ranelagh *
5	30:26	166	Oliver Greenstein	SBH
6	31:15	154	Daniel Carpenter	E&H
7	31:34	164	Liam Holbrook	Hillingdon
8	32:19	167	Max Buckley	TVH *
9	32:43	165	Mayank Mishra	Hillingdon *
10	33:05	151	Oliver Douglas	Trent Park *
11	33:24	152	Tim Fenn	Harrow *
12	34:32	162	Tashan Allman	Hillingdon

Team Result (3 to score):

1. Hillingdon (7, 9, 12) = 28

* Denotes CAU selection eligibility



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Women - 5,000m (approx)

Position	Time	Number	Name	Club
1	20:16	12	Freya Thomson	Ranelagh
2	20:30	3	Lia Radus	SBH
3	20:46	17	Angel Grimes-McTavish	ESM
4	20:59	9	Isabel Atkins	Ranelagh
5	21:22	4	Sophia Staab	SBH
6	21:30	11	Alice Patterson	Ranelagh
7	21:35	1	Josephine Chadwick	SBH
8	21:41	5	Carla Novakovic	St.Marys
9	21:54	18	Anisa Ibrahim	ESM
10	22:11	22	Charlotte Buckley	TVH
11	22:13	10	Emily Coulson	Ranelagh
12	22:16	25	Margaux Couffon	TVH
13	23:28	28	Lily McKay	L.Heathside
14	23:33	20	Lucy O'Brien	ESM
15	26:02	29	Anya Freely	Harrow
16	26:38	13	Hailey Knowles	Highgate
17	26:45	19	Amira Nuseibeh	ESM
18	26:52	7	Isabel Stark	Hillingdon

Team Result (3 to score):

1. Ranelagh (1, 4, 6) = 11

2. SBH (2, 5, 7) = 14

3. ESM (3, 9, 14) = 26

Under 20 Women - 5,000m (approx)

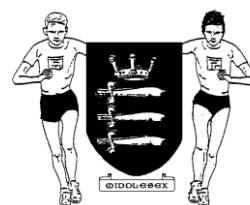
Position	Time	Number	Name	Club
1	20:38	52	India Weir	TVH *
2	20:53	60	Nicola Ravenhill	ESM *
3	21:13	231	Hannah Novakovic	Guest WSEH
4	21:56	61	Esther Pigney	Highgate *
5	22:14	58	Jessica Leane	ESM *
6	22:48	53	Alice Harray	TVH *
7	23:47	56	Rachael Haddow	Harrow *
8	24:10	230	Genevieve Weston	Guest L. Heathside
9	25:42	57	Esther Ekundayo	VPH&THAC *

Team Result (3 to score):

No team result

* Eligible for CAU selection

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



Under 17 Men - 5,500m (approx)

Position	Time	Number	Name	Club
1	20:49	118	Jem O'Flaherty	L.Heathside
2	21:25	120	Liam Garrett	L.Heathside
3	21:50	113	Finn Harvey	SBH
4	22:13	112	Timin Kanani	Belgrave
5	22:18	121	Isaac Adni	Highgate
6	22:31	122	Laurance Edwards	Harrow
7	23:05	117	Owen Quin	QPH
8	23:07	107	Luca Minale	VPH&THAC
9	23:09	108	Ben Bream	VPH&THAC
10	23:40	109	Alex Hutchinson	Hillingdon
11	24:09	102	Edward McArdle	Trent Park
12	24:33	123	Christopher Morris	Harrow
13	24:55	105	Nicholas Duer	TVH
14	25:17	114	Jacob Petterson	Ranelagh
15	25:37	115	Chauncey Edwards	ESM
16	25:38	126	Jared Richard	Harrow
17	28:23	104	Jack Wightman	Trent Park
18	30:36	111	Tariq Arieff	Hillingdon
19	33:18	124	Ben McCarron	Harrow

Team Results (3 to score):

1. Harrow (6, 12, 16) = 34



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 15 Boys - 4,000m (approx)

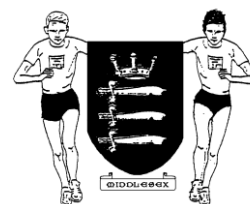
Position	Time	Number	Name	Club
1	13:51	62	Mohamed Ali	ESM
2	14:01	32	Abdifatah Khalif	Hillingdon
3	14:32	57	Jonah Kramer	Serpentine
4	14:50	30	Hanad Ahmed	Hillingdon
5	14:50	23	Shami Umashankar	TVH
6	14:58	71	Jake Evans	L.Heathside
7	15:08	11	Jonny Brook	St.Marys
8	15:08	20	Abdikafi Abdi	TVH
9	15:09	67	Arun Manget	ESM
10	15:12	10	Declan Connolly	St.Marys
11	15:19	53	Dylan Michel	SBH
12	15:23	26	Nathan Hackley	Hillingdon
13	15:25	44	Roland Somogyi	Highgate
14	15:31	49	Joe Heather	SBH
15	15:33	2	Theo Grandorge	VPH&THAC
16	15:44	9	Aidan Aherne	St.Marys
17	15:49	1	Finn O'Sullivan	VPH&THAC
18	15:51	22	Basil Rock	TVH
19	15:53	3	Keo Kersting Herbert	VPH&THAC
20	16:01	28	Luke Edwards	Hillingdon
21	16:02	73	Oliver O'Connor	L.Heathside
22	16:09	43	Monte Watson	Highgate
23	16:16	58	Noah Barnard	QPH
24	16:16	45	Finlay Sleeman	Highgate
25	16:24	70	Stanley Brown	L.Heathside
26	16:25	37	Mughilan Muralitharan	Harrow
27	16:26	36	Christopher Hudson	Harrow
28	16:28	16	Gabriel Phelan	St.Marys
29	16:34	47	Eddie Fairhurst	Highgate
30	16:42	21	Nelson Gordon	TVH
31	16:43	31	Amar Moussa	Hillingdon
32	16:49	46	Manny Pigney	Highgate
33	16:50	33	Ibrahim Khalif	Hillingdon
34	16:51	6	David Sleeman	Trent Park
35	16:52	14	Mohammed Kabir	St.Marys
36	16:53	48	Jonathan Boardman	SBH
37	16:55	52	Matthew McAteer	SBH
38	16:56	13	Matthew Tyas	St.Marys
39	16:58	19	Bager Abamecha	TVH
40	17:10	64	Vitaly Bender	ESM
41	17:11	5	Liam Finnegan	Trent Park
42	17:17	63	Thomas Barry	ESM
43	17:21	15	Isaac Phelan	St.Marys
44	17:29	60	Alex Quin	QPH

45	17:32	74	Kit Taylor	L.Heathside
46	17:36	54	Conor O'Keeffe	SBH
47	17:40	76	Leo Hanson	L.Heathside
48	17:41	69	Marcus West	ESM
49	17:41	65	Seweryn Czapka	ESM
50	18:09	7	Dominic Rhodes	St.Marys
51	18:20	12	Louis Cummings	St.Marys
52	18:27	29	Toby Ellmore	Hillingdon
53	18:29	40	Tom Kerley	Ealing Eagles
54	18:33	41	Philip backes	Ealing Eagles
55	18:35	18	Yann Sydow	St.Marys
56	20:08	8	Akash Sohal	St.Marys
57	20:32	61	Antonio Raez	QPH
58	20:52	38	Sumar Jhooti	Harrow
59	22:21	35	Emmanuel Golshaie	Belgrave
60	25:30	39	Ben Rawsthorne	Ealing Eagles

Team Result (3 to score):

1. Hillingdon (2, 4, 12) = 18
2. TVH (5, 8, 18) = 31
3. St. Mary's (7, 10, 16) = 33
4. ESM (1, 9, 40) = 50
5. VPH&THAC (15, 17, 19) = 51
6. L. Heathside (6, 21, 25) = 52
7. Highgate (13, 22, 24) = 59
8. SBH (11, 14, 36) = 61
9. Harrow (26, 27, 58) = 111
10. QPH (23, 44, 57) = 124
11. Ealing Eagles (53, 54, 60) = 167

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



Under 15 Girls - 4,000m (approx)

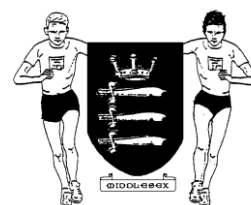
Position	Time	Number	Name	Club
1	15:23	103	Ava White	Blackheath & Brom
2	15:56	104	Zakia Mossi	Blackheath & Brom
3	16:05	155	Rose Garrett	L.Heathside
4	16:07	101	Lucrezia Polloni	Blackheath & Brom
5	16:37	115	Maryan Radus	SBH
6	16:44	152	Mimi Blake	L.Heathside
7	16:44	119	Emily Hathaway	Trent Park
8	16:52	123	Grace Bowden-Stone	St.Marys
9	16:56	108	Imogen Scott-Gall	VPH&THAC
10	16:59	134	Millie Pettitt	Highgate
11	17:00	147	Maddy Whitman	Belgrave
12	17:07	133	Ellen Donald	Highgate
13	17:14	102	Sabrina Mannes	Blackheath & Brom
14	17:20	151	Alexandra Keech	Ranelagh
15	17:28	127	Melina Duer	TVH
16	17:30	114	Victoria Godfrey	SBH
17	17:31	156	Nell Swinhoe	L.Heathside
18	17:32	157	Mia Manttan	L.Heathside
19	17:37	109	Myla Stiling	VPH&THAC
20	17:38	111	Ellen McGann	VPH&THAC
21	17:41	136	Annelise O'Connell	Highgate
22	17:51	121	Imogen Deakin	St.Marys
23	17:58	143	Anna Lichenko	ESM
24	18:05	124	Imogen King	St.Marys
25	18:12	128	Niamh Murphy	TVH
26	18:29	106	Hannah Long	VPH&THAC
27	18:31	126	Madeleine Casey	TVH
28	18:41	125	Olivia Colegrave	TVH
29	18:44	137	Bianca Le Vu	Highgate
30	18:51	154	Evelyn Dumbleton	L.Heathside
31	18:52	107	Evie Doe	VPH&THAC
32	18:55	129	Philippine Poupart-Lafarge	TVH
33	19:06	140	Fiona Coutts	ESM
34	19:07	117	Jessica Yefet	SBH
35	19:21	131	Capucine Rousset	TVH
36	19:24	116	Natasha Tanner	SBH
37	19:28	113	Elina Bulman	SBH
38	19:47	149	Juliette Michot	Belgrave
39	19:55	110	Maddy Abbott	VPH&THAC
40	19:58	153	Martina Curcio	L.Heathside
41	20:17	112	Helena Agholor	SBH
42	20:22	118	Nicole Bibaud	Trent Park
43	20:23	138	Isabella Millett	Highgate

44	21:01	139	Lauren Beale	ESM
45	21:36	141	Charlotte Cooney-Quinn	ESM
46	22:15	142	Katie Hay	ESM
47	22:20	146	Rosie Hickey	Hillingdon
48	22:36	144	Keady Heanen	Hillingdon
49	22:46	145	Aleeyah Arieff	Hillingdon

Team Result (3 to score):

1. Blackheath & Brom (1, 2, 4) = 7
2. L. Heathside (3, 6, 17) = 26
3. Highgate (10, 12, 21) = 43
4. VPH&THAC (9,19, 20) = 48
5. St. Mary's (8, 22, 24) = 54
6. SBH (5, 16, 34) = 55
7. TVH (15, 25, 27) = 67
8. ESM (23, 33, 44) = 100
9. Hillingdon (47, 48, 49) = 144

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



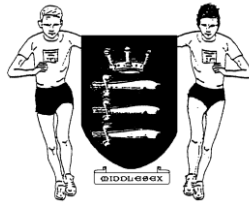
Under 13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	11:19	11	Sonny Maund	St.Marys
2	11:21	70	Samuel Greenstein	SBH
3	11:26	18	Abdirahim Hamud	Hillingdon
4	11:42	26	Spike Blake	L.Heathside
5	11:46	27	Jack Davis-Black	L.Heathside
6	11:47	49	Jesse Hopkins	Highgate
7	11:48	29	Bedo Draskoczy	L.Heathside
8	11:52	2	Harry Glyn	VPH&THAC
9	11:53	66	Finn Combe	ESM
10	11:55	55	Charlie Rollo	TVH
11	12:00	35	Alex Bickerstaff	Harrow
12	12:01	44	Franklin Griffiths	Highgate
13	12:02	57	Sam Bonnet	ESM
14	12:09	65	Maximilian Steel	ESM
15	12:12	10	Cato Pugsley	St.Marys
16	12:14	12	Freddie Bate	St.Marys
17	12:16	74	Leo Roncarti	SBH
18	12:17	53	Solomon Inglis	TVH
19	12:17	30	Stan Hassan	L.Heathside
20	12:20	38	Daniel Bunn	Harrow
21	12:31	7	Dominic Paine	Trent Park
22	12:33	64	Arun Smith	ESM
23	12:34	60	Jonah Mezey	ESM
24	12:36	71	Najiib Hersi	SBH
25	12:38	51	Max Bishop	TVH
26	12:40	69	Theo Boden	SBH
27	12:45	22	Mohsin Moallin	Hillingdon
28	12:46	1	Joseph Lamb	VPH&THAC
29	12:49	34	Rohan Mangat	Harrow
30	12:51	58	Mohamed Ibrahim	ESM
31	12:53	3	Gabriel Valentine	VPH&THAC
32	12:54	48	Caspar Hopkins	Highgate
33	12:54	15	Louis Ross	St.Marys
34	12:55	20	Nuh Moussa	Hillingdon
35	12:56	4	Michael McGann	VPH&THAC
36	12:57	28	Avery Dietrich	L.Heathside
37	12:58	32	Arthur Reed	L.Heathside
38	13:00	67	Tajj Ojha	ESM
39	13:01	31	Lucas Maher	L.Heathside
40	13:01	23	Patrick Hyde	Hillingdon
41	13:08	33	Lucas Mansell	Harrow
42	13:11	73	Leo Mixides	SBH
43	13:13	54	Morris Rock	TVH

44	13:20	41	Ezra Baddielbank	Highgate
45	13:34	43	Victor Bright	Highgate
46	13:36	24	Henry Shippey	Belgrave
47	13:36	42	Luca Spacatrosi	Highgate
48	13:40	62	Louis Saint	ESM
49	13:43	21	Faisal Mohamed	Hillingdon
50	13:51	75	Meher Baga	WSEH
51	13:57	37	Matthew Bunn	Harrow
52	14:32	36	Oliver Macgonigal	Harrow
53	14:43	17	Yuri Zykov	Hillingdon
54	15:14	39	Ryan Mctiernan	Harrow
55	16:09	8	Ryan Finnegan	Trent Park
56	16:58	61	Thomas Musie	ESM
57	17:27	232	Emmet Collins	QPH
58	18:58	19	Liban Ahmed	Hillingdon

Team Result (3 to score):

- 1 L. Heathside (4, 5, 7) = 16
- 2 St. Mary's (1, 15, 16) = 32
- 3 ESM (9, 13, 14) = 36
- 4 SBH (2, 17, 24) = 43
- 5 Highgate (6, 12, 32) = 50
- 6 TVH (10, 18, 25) = 53
- 7 Harrow (11, 20, 29) = 60
- 8 Hillingdon (3, 27, 34) = 64
- 9 VPH&THAC (8, 28, 31) = 67



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

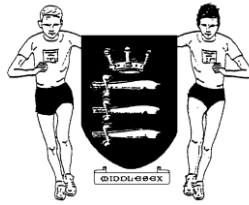
Under 13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	11:55	2	Lara Mannes	Blackheath & Brom
2	12:02	29	Kate Price	TVH
3	12:30	47	Isobel Chadwick	Highgate
4	12:33	4	Ruby Naughton	VPH&THAC
5	12:43	67	Lydia Louw	Hillingdon
6	12:44	25	Charlotte Edge	TVH
7	12:44	42	Kate Driscoll	Highgate
8	12:46	1	Biancamaria Polloni	Blackheath & Brom
9	12:52	24	Lily Dafter	TVH
10	12:58	53	Lucy Henson	ESM
11	13:01	76	Lorna Dumbleton	L.Heathside
12	13:09	48	Daya Baga	WSEH
13	13:17	28	Sasha Mueller	TVH
14	13:19	15	Roisin Keohane	Trent Park
15	13:24	44	Millie Aslan	Highgate
16	13:25	5	Nancy Scott-Gall	VPH&THAC
17	13:32	23	Angel Acheampong	TVH
18	13:35	26	Zenia Gordon	TVH
19	13:47	68	Hanna Wallrock	Belgrave
20	13:50	63	Laura Anene	Hillingdon
21	13:55	55	Jessica Ions	QPH
22	13:56	74	Ella O'Flaherty	L.Heathside
23	14:00	45	Hannah Giles	Highgate
24	14:01	37	Eve O'Goan	Harrow
25	14:02	31	Olivia Sparks	TVH
26	14:07	60	Angel Doyle	Hillingdon
27	14:15	18	Emila Rawstone	St.Marys
28	14:15	16	Imogen Wells	St.Marys
29	14:19	34	Holly Kunjasic	Harrow
30	14:19	43	Mae Macadam	Highgate
31	14:22	6	Lola Baty	VPH&THAC
32	14:31	3	Soraya Frost-Mohmood	VPH&THAC
33	14:35	41	Amy Chapman	Highgate
34	14:38	13	Niamh Keohane	Trent Park
35	14:42	65	Anna Guld	Hillingdon
36	14:44	61	Hope Rodgers	Hillingdon
37	14:48	38	Esheriv Jhooti	Harrow

38	14:53	64	Lauren Glynn	Hillingdon
39	14:59	46	Nikita Crabb	Highgate
40	15:01	14	Eleanor Dagger	Trent Park
41	15:06	22	Flo Sumpter	St.Marys
42	15:07	9	Rebecca Jeffrey	SBH
43	15:14	8	Asha Horbacki	SBH
44	15:18	12	Eliza Clift	Trent Park
45	15:32	57	Sofia Riaz	QPH
46	15:43	19	Jemima Bentley	St.Marys
47	15:53	21	Evie Woolman	St.Marys
48	15:57	58	Isabella Swettenham	QPH
49	16:23	35	Bethany Kunjasic	Harrow
50	16:35	75	Fabienne Weston	L.Heathside
51	16:55	36	Katie Lemon	Harrow
52	17:38	51	Anna Dussillant-Di Cesare	ESM
53	17:51	20	Ruby Newell	St.Marys

Team Result (3 to score):

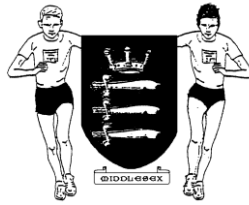
1. TVH (2, 6, 9) = 17
2. Highgate (3, 7, 15) = 25
3. Hillingdon (5, 20, 26) = 51
4. VPH&THAC (4, 16, 31) = 51
5. L. Heathside (11, 22, 50) = 83
6. Trent Park (13, 34, 40) = 88
7. Harrow (24, 29, 37) = 90
8. St. Mary's (27, 28, 41) = 96
9. QPH (21, 45, 48) = 114



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 11 Boys - 1,500m (approx)

Position	Time	Number	Name	Club
1	7:15	33	Liam Bailey	Highgate
2	7:28	11	Cameron McConnon	TVH
3	7:36	32	Jamie Cameron	Highgate
4	7:38	13	Reginald Rock	TVH
5	7:39	36	Wimeru Nicole	Highgate
6	7:41	12	Rory McConnon	TVH
7	7:43	15	Henry Turner	TVH
8	7:45	6	Charlie Brook	St.Marys
9	7:46	3	Edison Rhodes	VPH&THAC
10	7:49	27	Andoni Amphlett	SBH
11	7:58	17	Christopher Burton	Hillingdon
12	8:00	19	Harvey Williams	Hillingdon
13	8:02	18	Callum McDonnell	Hillingdon
14	8:05	31	Finlay Vadon	ESM
15	8:08	10	Conrad Mathews	TVH
16	8:13	24	Henry Jones	Ealing Eagles
17	8:15	29	Alec Edgar	ESM
18	8:20	42	George Parkinson	Highgate
19	8:21	41	Arthur Awenat	Highgate
20	8:23	23	Christian Slattery	Ealing Eagles
21	8:24	1	Elwood Wharton	VPH&THAC
22	8:37	47	Krish Mangat	Harrow
23	8:44	43	Alex Scott	Highgate
24	8:47	20	Ethan Matthews	Hillingdon
25	8:57	38	Joseph Drinkell	Highgate
26	9:11	4	Finlay Parnum	VPH&THAC
27	9:12	8	Dylan Bilboul	TVH
28	9:28	35	Alex Driscoll	Highgate
29	10:02	39	Jack Balme	Highgate
30	10:14	22	Nathan Poulson	Ealing Eagles
31	11:14	5	Sam Finnegan	Trent Park
32	12:01	28	Tom Dobbin	ESM



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 11 Girls - 1,500m (approx)

Position	Time	Number	Name	Club
1	7:26	70	Asmaa Abdirahman	Hillingdon
2	7:50	82	Thea Reinhardt	Highgate
3	7:55	85	Hattie Munday	L.Heathside
4	8:01	83	Ellie Chadwick	Highgate
5	8:03	52	Ruby James	VPH&THAC
6	8:04	62	Skye Bishop	TVH
7	8:07	64	Armelia Seaton	TVH
8	8:09	61	Menna Pugsley	St.Marys
9	8:17	56	Evie Redpath	SBH
10	8:26	88	Kayla Ashley	Harrow
11	8:34	53	Sophie Whiteside	VPH&THAC
12	8:37	71	Sofia Gilda-Whyte	Hillingdon
13	8:40	73	Mia Vivenot	Ealing Eagles
14	8:45	55	Olive Harvey-Dew	SBH
15	8:49	77	Estelle Norton	QPH
16	8:49	57	Mya Mairs-Ingram	SBH
17	8:54	84	Lily Schauer	Highgate
18	8:56	51	Ruby McPherson	VPH&THAC
19	9:00	59	Soirse Toohey-Hicks	Trent Park
20	9:06	79	Eloise Lindley	Highgate
21	9:18	68	Siham Hamud	Hillingdon
22	9:19	74	Natasha Bennett	Ealing Eagles
23	9:21	67	Maisie Averkiou	Hillingdon
24	9:23	58	Ellie Edwards	Trent Park
25	9:27	72	Priya Narhlya-Martin	Ealing Eagles
26	9:32	69	Ilhan Ahmed	Hillingdon
27	9:33	75	Ciara Keating	Ealing Eagles
28	9:47	86	Rebecca Beliossi	L.Heathside
29	10:13	78	Amelia Swettenham	QPH
30	10:15	81	Lily Boehler	Highgate
31	10:15	76	Poppy McLaughlin	QPH
32	10:16	54	Daisy Harvey-Dew	SBH